

GARFIELD HEIGHTS SENIOR CENTER

5407 Turney Road
Garfield Heights, OH 44125
216-475-3244

Open Monday-Thursday — 9:00a.m.—2:00 p.m.

SENIOR HI-LITES

June 2022

CITY OF GARFIELD HEIGHTS

Mayor, Matt Burke

Ward 1 Councilperson — Stacey Collier Ward 4 Councilperson — Avery M. Johnson
Ward 2 Councilperson — Charles Donahue Jr. Ward 5 Councilperson — Jason X. Blake
Ward 3 Councilperson — Jason D. Seither Ward 6 Councilperson — Clifford Kelley Jr.
Ward 7 Councilperson — Tom Vaughn



RECREATION/SENIOR CENTER DIRECTOR:

Paul Birk.....216-475-3244

SENIOR CENTER MANAGER

Joe Snyder.....216-475-3244

ACTIVITIES COORDINATOR:

Carolyn Lockett.....216-475-3244

CLERICAL SUPPORT II:

Laketia Gaston.....216-475-3244

ADMINISTRATIVE ASSISTANT:

Jennifer Sopkovich.....216-475-3244

STAFF:

Diane Coon.....Kitchen Aide

Ralph Redmon.....Meals Driver

Angelo Musarra.....Bus Driver

Larry Speights.....Bus Driver

Bob Hejl.....Bus Driver

MISSION STATEMENT:

The mission of the Garfield Heights Senior Center is to provide information and a range of services, activities and volunteer opportunities, which promote personal growth, health, friendship and independence for older persons.

POLICY STATEMENT:

It is the policy of this Agency that all services funded with Older Americans Act Funds are to be provided without regard to race, color national origin or handicap.

"Funded(in part) by a Title III grant under the Older American Act, administered by the Ohio Department of Aging through the (AAA)."

SUGGESTED DONATION FOR CONGREGATE AND HOME DELIVERED LUNCH \$1.25

ALL BUS RIDERS MUST USE SEAT BELTS AT ALL TIME. IT IS THE LAW!!!



Last Month



- Mayor Burke's monthly visit with the seniors addressed future infrastructure improvements, safety improvements, pending new businesses
- The Line Dance class performed for hundreds during a Senior's Mothers Day Luncheon at the Beachwood Embassy Suites
- The Paint & Sip event sponsored by The Heights was well received. Participants sipped on cranberry and apple juice, with their cheese, crackers and fruit while recreating the fruit bowl centerpiece on display
- Sponsors for the 2022 Mind Challenge Trivia Tournament competition visited to form Senior Center teams and pass out T-shirts to participants
- Cardio Drumming began with the majority of seniors participating
- The Wii Bowling League spring session was completed
- Karaoke was introduced to a lively group of participants

- Gratitude is extended to our supportive Senior Center sponsors:

- Dedicated Seniors for the Health check presentation and smoothies in addition to 4th Tuesday BINGO prize donations
- Oak Street Health for the May birthdays recognition
- The Heights for the Paint & Sip event and the 1st and 3rd Tuesdays BINGO prize donations
- Marymount place for the 2nd Tuesday BINGO prize donations



From the desk of Senior Center Manager, Joe Snyder

Happy Sunshine everyone! We were lucky enough to get some really beautiful, bright, sunny days during the month of May, so I hope everyone is looking forward to even more as we move into June and the Summer season! I want everyone to make sure they spend some time outside every week, as it is great for both the body and mind! May also brought us a wonderful Mother's Day celebration, complete with, a performance from some of the line dancers and daisies for all of the women in the Center. We also enjoyed a day of Paint & Sip which I think revealed some real secret Picasso's here in our midst! I can't wait to see what the rest of the season has in store for us and I hope that everyone has a wonderful Summer!



POST OFFICE ON WHEELS

Tuesday, June 28th@9:40-10:00a.m.
Purchase stamps/money orders/packaging supplies.
Mail letters and packages.



Costs for Transportation

The following are fees for bus transportation:

Senior Center—\$0.25-round trip
Medical Trips—\$2.00-round trip
Trips & Errands—\$3.00-round trip
(e.g. Field Trips, Bank, Pharmacy, Grocery)

2022 Mind Challenge

Trivia Tournament

On May 19, 2022 our site was visited by representatives of the Mind Challenge Trivia Tournament to assist with formulating our teams and distribute T-shirts for the upcoming event.

Representing our Garfield Heights Senior Center are the following two teams:

Greg Rowinsky, Capt.
Lydia Debelak
Shirley Rozmarynowski
Cheryl Pavlek
Kathy Rowinsky
Barb Kozma

Jim Stoneking, Capt.
Alan Becka
Veronica Watson
Paulette Williams
Jimmy Williams
Vernard Jones
Carolyn Lockett

Elimination rounds begin Friday, May 27th at Bedford Heights Community Center.

Cheer our teams to victory as they represent our center.

Trivia for All

We plan to continue with the weekly trivia challenges. Come exercise your mind in a fun filled, brain teasing, moral boosting atmosphere on Wednesdays at 9:30am. Bring your ipad, android, tablet or cellphone to download KAHOOT to be set up to enjoy and play the games.



QUIZ TIME



JUNE 2022 EVENTS

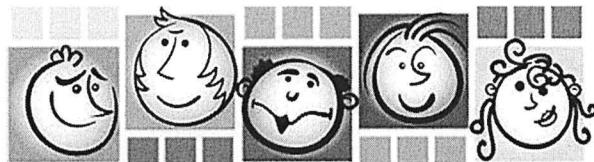
MORNING BREAK WITH MAYOR BURKE

The May morning meeting with Mayor Burke included discussions on the following:

- * Commencement of street repairs
- * The Performing Arts Center renovation is almost complete and will soon be open for seniors to attend events
- * A new Goodwill facility is coming to Highland Park
- * Towpath Trail will connect to varying local parks including Garfield Park and extending to the Westside
- * Improvements to Turney Rd are currently underway
- * Many improvements for the safety of Garfield Hts residents are being instituted

The seniors next monthly meeting with Mayor Burke will be held on Wednesday, June 8, 2022 at 10:00 a.m. in the dining room. He will openly discuss and update us on activities taking place throughout the city.

SITE COUNCIL



MEETING

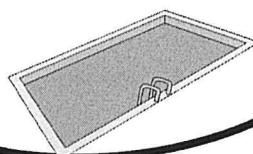
The Site Council did not meet in May.

The next Site Council scheduled meeting is June 14 2022 at 10:00 a.m. in Rm 118.

Shirley Rozmarynowski - Council President

Aqua Aerobics

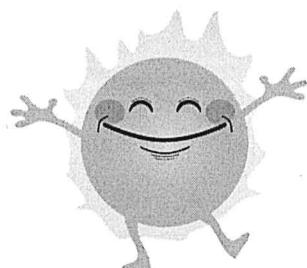
Wednesday, June 15, 2022@12:45pm water exercise sessions will be instructor led at the Rec Center pool area. Sessions will continue until pool area closes.



KARAOKE



Sopranos-Altos-Tenors-Bass
Lend your talents to the Karaoke afternoons Wednesdays@12:30pm



JUNE 2022 EVENTS

Friday Shopping

June 3rd ----- Giant Eagle
June 10th ----- Drug Mart
June 17th ----- Marcs
June 24th ----- Daves

Our bus will transport you to local shopping venues.

Sign up with Ketia
Transportation cost \$3.00

MONTHLY FOOD PANTRY

Wednesday, June 15, 2022

1:00—2:00 p.m.



OUR SPONSORS



**OAK
STREET
HEALTH**



**The Village at
Marymount**

Marine at Place • Villa St. Joseph
A Continuing Care Community

THE HEIGHTS

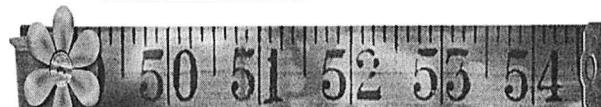
REHABILITATION & HEALTHCARE CENTER



**Dedicated Senior
Medical Center**
A CHENMED COMPANY

WE THANK YOU

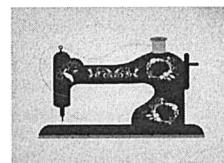
CRAFT ROOM



Shop for unique, handmade
gifts and cards for all occasions.



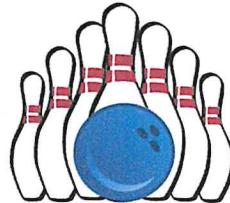
Visit us from 9:00am-2:00pm
Mon-Thurs



ALL ITEMS CREATED ARE FOR SALE
AND PROCEEDS BENEFIT OUR SENIOR
CENTER ACTIVITIES AND PROGRAMS

JUNE 2022 EVENTS

Wii Bowling Summer League



The summer Wii Bowling League session will begin Wednesday, June 22, 2022 and end on Wednesday August 31, 2022,
Monday or Wednesday at 9:00am is the time to bowl.
The weekly fee is \$2.00 per person
Teams of 2 are forming now. Sign up with Carolyn

Chair Volleyball is here!

Chair volleyball competition will begin Thursday, June 2, 2022 at 12:30pm.
Join others as you sit and hit the beach/volleyball over the net to score on your opponents.
Great way to secretly get in a good body workout while having low impact fun.



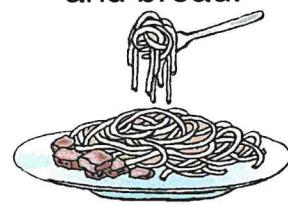
Flag Day Hot Dog Day

Oak Street Health is sponsoring grilled hot dogs to commemorate Flag Day on June 14, 2022. Join the fun, prizes and surprises.



\$2.00 Spaghetti Dinner

On Tuesday, June 7, 2022, the Senior Center Staff will prepare a delicious spaghetti meal for area seniors. Spaghetti sauces will be with or without meat and dinner will include green beans and bread.



Jack Thistledown Racing

Sign up for an early afternoon at the Racino. Tuesdays are the 50+ Prime Players drawings every 30 minutes 2 names are drawn.
Horse racing begins at 12:50pm.
\$2.00 transportation fee if you choose to take the van

JUNE HOLIDAYS

Flag Day

On June 14, 1777, the Second Continental Congress took a break from writing the Articles of Confederation and passed a resolution stating that “the flag of the United States be 13 stripes, alternate red and white,” and that “the union be 13 stars, white in a blue field, representing a new constellation.” in 1916, President Woodrow Wilson marked the anniversary of that decree by officially establishing June 14 as Flag Day.

Juneteenth

Juneteenth National Independence Day and also known as Jubilee Day, Emancipation Day, Freedom Day, and Black Independence Day is a federal holiday in the United States commemorating the emancipation of enslaved African-Americans. It is also often observed for celebrating African-American culture. Originating in Galveston, Texas, it has been celebrated annually on June 19.

Father's Day

Father's Day is a holiday of honoring fatherhood and paternal bonds, as well as the influence of fathers in society. In the United States, Father's Day was founded by Sonora Smart Dodd and celebrated on the third Sunday of June for the first time in 1910.



HAPPY BIRTHDAY

Debra Rice 6-1

Ernestine Northern 6-7

Lydia Debelak 6-9

Laverne Oglie 6-9

Daniel Shelton 6-10

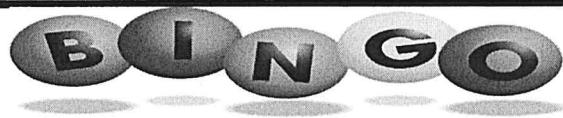
Mary Lee Radke 6-12

The June Happy Birthday Celebration will be held on Thursday, June 23rd @ 12:30pm

OAK STREET HEALTH WILL SPONSOR THE ACTIVITIES.



JUNE 2022 EVENTS



Sponsored by THE HEIGHTS

1st & 3rd Tuesdays

Sponsored by MARYMOUNT PLACE

2nd Tuesday

Sponsored by DEDICATED SENIORS

4th & 5th Tuesdays

Games begin at 12:30pm.

1st board free, additional boards \$.25

Spiritual Music Time

Allow the spirit to move, soothe and encourage you as you listen, reminisce, hum or sing to songs that bring joy, peace and an uplifted spirit to the beginning of your day.

Join others in room 101 on Thursday mornings 9:30-10:00.



Accumulate points towards an end of year Volunteer Awards Celebration by assisting with varying activities throughout the Senior Center. Sign up at the registration table to assist with game set up; morning registration; lunch room set up; kitchen assistance; trivia game creation; and several other activities. Check out the daily sign up sheets and the opportunities offered. Assignments are on a first come first served basis.

Many have already stepped up and undertaken several responsibilities.

There's plenty for all to do.

See Jenn Sopkovich with questions or clarification.



The Wii Bowling Spring League has completed this session. The awards presentation event will be held on Monday, June 6, 2022 at 12:30pm in Room 101. The 1st place team, man and woman's high average, individual high game and most improved bowler will be recognized and awarded.

Thank you to all participants of this spring league session.

PROGRAM-ACTIVITY REMINDERS

THERABAND WORKOUT



MONDAYS

Time: 10:30-11:00a.m.

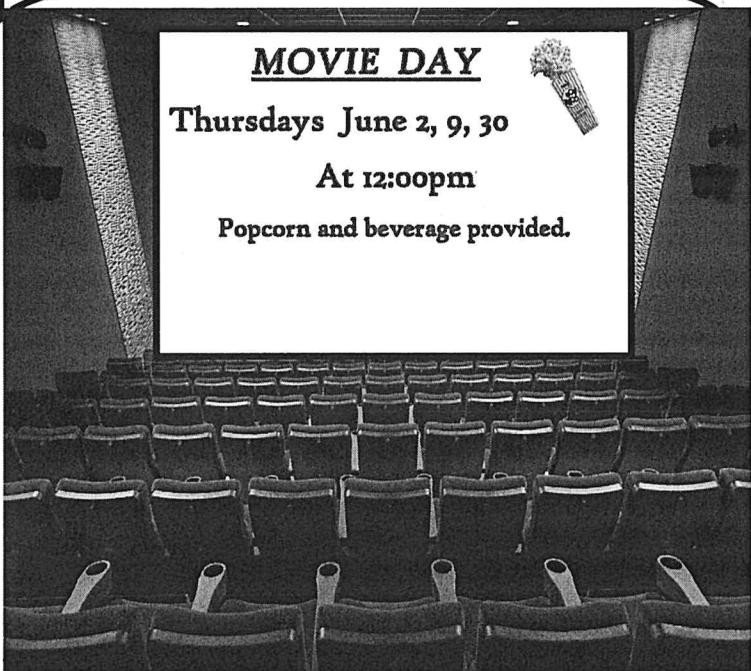


MOVIE DAY

Thursdays June 2, 9, 30

At 12:00pm

Popcorn and beverage provided.



MASSAGES WITH DARLENE

Date: Tuesdays

Time: 12:30p.m.-2:00p.m.

Cost: \$5.00 for 10 minutes

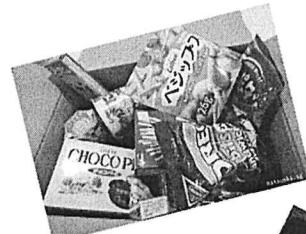
Appointments necessary.

Call Carolyn at 216-475-3244

Support our senior activities.

Various snacks and beverages are available to purchase daily.

**\$1.00
AND
UNDER**



BINGO

Tuesdays

June 7, 14, 28

at 12:30

in the dining room.



PODIATRIST VISIT

Dr. Diamond will visit this facility on

June 9, 2022.

Appointments are being scheduled now.

Call or see Ketia to schedule.

Line Dance



Instructed by Darlene Brashers who is also a licensed Physical Therapist who can tailor dance routines to accommodate most physical movement challenges.

Come join this energizing, fulfilling, friendly group for an upbeat workout.
There's room for all!!!!

Tuesdays
10:30am - 11:15am
Cost \$3.00

Cardio Drumming



Our workouts have begun!
Come strengthen your heart by moving your upper body, twisting and turning your torso and enjoying a good, comfortable workout using drumsticks and exercise balls.
Sit or stand as you determine your level of comfort and endurance.
Space is limited so come early.

Thursdays
10:00am-10:45am

LOOKING FOR INTERESTED CARD PLAYERS TO JOIN OUR CENTER.
CALL 216-475-3244 TO EXPRESS YOUR INTEREST AND WHICH GAMES YOU ARE
INTERESTED IN PLAYING.
ONCE 4 PLAYERS EXPRESS INTEREST IN A GAME I WILL CALL YOU WITH DAYS AND
TIMES TO PLAY OPTIONS.



BRIDGE
POKER
HEARTS
BID WHIST
SPADES
PINOCHLE

JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 MAKE RES/NEXT WEEK	7 MAKE RES/NEXT WEEK	8	9	 Office Open Mon-Fri 8:30am-4:30pm
9:00am Morning Donuts \$1 10:30am Theraband Exercise 11:30am Lunch 12:30-2:00pm Wii Bowling Banquet	9:00am Donut Wednesday \$1 9:30am Trivia Challenge 10:00-11:45am Senior Chair Aerobics 11:30am Lunch 12:30-1:30 Karaoke	10:30-11:15am Line Dancing 11:30am Lunch 12:30-2:00pm Massage w/Darlene 12:30pm BINGO w/The Heights 1:00-2:00pm \$2 Spaghetti Dinner	9:00am Donut Wednesday \$1 9:30am Trivia Challenge 10:00-11:00am Senior Chair Aerobics 11:30am Lunch 12:30-1:30 Karaoke	9:00am-2:00pm
13 MAKE RES/NEXT WEEK	14 MAKE RES/NEXT WEEK	15 FOOD PANTRY@ 1:00-2:00PM	16	 Senior Center Hours Mon-Thurs 9:00am-2:00pm
9:00am Morning Donut \$1 10:30am Theraband Exercise 11:30am Lunch 12:00-2:00pm	10:00am Site Council Mtg Rm 118 10:30-11:15am Line Dancing 11:30am Lunch 12:30-2:00pm Massage w/Darlene 12:30pm BINGO w/Maymount Plc 12:30pm Flag Day Hot Dog Cook-out	9:00am Donut Wednesday \$1 9:30am Trivia Challenge 10:00-11:00am Senior Chair Aerobic 11:30am Lunch 12:30-1:30 Karaoke 12:45 Water Aerobics	9:30am Spiritual Singing Dr. Diamond, Podiatrist 10:10-4:55am Cardio Drumming 11:30am Lunch 12:30 Chair Volleyball	216-475-3244
20 MAKE RES/NEXT WEEK	21 MAKE RES/NEXT WEEK	22	23	 Office Open Mon-Fri 8:30am-4:30pm
JUNETEENTH		9:00am Donut Wednesday \$1 Wii Bowling League 9:30am Trivia Challenge 10:00-11:00am Senior Chair Aerobics 11:30am Lunch 12:30-1:30 Karaoke 12:45 Water Aerobics	9:30am Spiritual Singing 10-10:45am Cardio Drumming 11:30am Lunch 12:30pm	9:00am-2:00pm
CLOSED	28 MAKE RES/NEXT WEEK	29	30	 Office Open Mon-Fri 8:30am-4:30pm
9:00am Muffins Monday \$1 Wii Bowling League 10-10:30am Theraband Exercise 11:30am Lunch 12:30pm Movie	9:00am Donut Wednesday \$1 Wii Bowling League 9:30am Trivia Challenge 10:00-11:00am Senior Chair Aerobics 11:30am Lunch 12:30-1:30 Karaoke 12:45 Water Aerobics	9:30am Spiritual Singing 10-10:45am Cardio Drumming 11:30am Lunch 12:00pm Movie 12:30 Chair Volleyball		

Reservations
216-475-3244

JUNE 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Mr. Stahlhauer, MS, RDH, LD</i>	*=Take Temperature of Milk and all food proceeded by an asterisk			
6				
*Breaded Fish 4oz Tartar Sauce 1PC *Brown Rice ½ c *Zucchini ½ c Carrots ½ c 1 Whole Grain Wheat Pineapple tidbits, ½ c				
7				
*Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *California Blend ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c				
8				
Rueben with 2 oz *Turkey, 1 oz *Swiss Cheese, 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Cucumber Salad ½ c 2 Whole Grain Rye Peaches ½ c				
9				
*Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz California Blend ½ c Mushrooms ½ c Dinner Roll, 1 oz Orange				
10				
11				
*Hamburger 3 oz Mustard & Ketchup 1 PC ea. Baked Beans ½ c Seasoned Potato Wedges ½ c W.G. Hamburger Bun, 2 oz Pears ½ c				
12				
13				
*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Grain Wheat Applesauce ½ c				
14				
*Roasted Turkey Breast 3 oz *Stuffing ½ c *Gravy 2 oz Mashed Potatoes ½ c Green Beans ½ c 1 Whole Grain White Cranberry Juice 4 oz				
15				
*Meatballs 3-1 oz *W.G. Spaghetti ½ c w/ Sauce 2 oz Antigua Blend 1 c Garlic Bread, 1 oz Peaches ½ c				
16				
*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w/ gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Tropical Fruit ½ c				
17				
18				
*Beef Lasagna 6 oz *Antiqua Blend ½ c *Lima Beans ½ c Whole Grain Garlic Toast 2 oz Oatmeal Cookie, 1 oz Mandarin Oranges ½ c				
19				
*Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Broccoli ½ c Capri Blend ½ c 1 Whole Grain Wheat Diced Pears, ½ c				
20				
Juneteenth				
Site Closed				
21				
*Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Rye Apple Juice 4 oz				
22				
*Meatballs 3-1 oz *W.G. Spaghetti ½ c w/ Sauce 2 oz Antigua Blend 1 c Garlic Bread, 1 oz Peaches ½ c				
23				
*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w/ gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Tropical Fruit ½ c				
24				
25				
26				
27				
28				
*Beef Lasagna 6 oz *Antiqua Blend ½ c *Lima Beans ½ c Whole Grain Garlic Toast 2 oz Oatmeal Cookie, 1 oz Mandarin Oranges ½ c				
29				
*Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Broccoli ½ c Capri Blend ½ c 1 Whole Grain Wheat Diced Pears, ½ c				
30				
*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c				
31				
*Salisbury Steak 3 oz *Gravy 2 oz Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Wheat Bread Grape Juice 4 oz				
32				
33				
34				
35				
36				
37				
38				
39				
40				
41				
42				
43				
44				
45				
46				
47				
48				
49				
50				
51				
52				
53				
54				
55				
56				
57				
58				
59				
60				
61				
62				
63				
64				
65				
66				
67				
68				
69				
70				
71				
72				
73				
74				
75				
76				
77				
78				
79				
80				
81				
82				
83				
84				
85				
86				
87				
88				
89				
90				
91				
92				
93				
94				
95				
96				
97				
98				
99				
100				
101				
102				
103				
104				
105				
106				
107				
108				
109				
110				
111				
112				
113				
114				
115				
116				
117				
118				
119				
120				
121				
122				
123				
124				
125				
126				
127				
128				
129				
130				
131				
132				
133				
134				
135				
136				
137				
138				
139				
140				
141				
142				
143				
144				
145				
146				
147				
148				
149				
150				
151				
152				
153				
154				
155				
156				
157				
158				
159				
160				
161				
162				
163				
164				
165				
166				
167				
168				
169				
170				
171				
172				
173				
174				
175				
176				
177				
178				
179				
180				
181				
182				
183				
184				
185				
186				
187				
188				
189				
190				
191				
192				
193				
194				
195				
196				
197				
198				
199				
200				
201				
202				
203				
204				
205				
206				
207				
208				
209				
210				
211				
212				
213				
214				
215				
216				
217				
218				
219				
220				
221				
222				
223				
224				
225				
226				
227				
228				
229				
230				
231				
232				
233				
234				
235				
236				
237				
238				
239				
240				
241				
242				
243				
244				
245				
246				
247				
248				
249				
250				
251				
252				
253				
254				
255				
256				
257				
258				
259				
260				
261				
262				
263				
264				
265				
266				
267				
268				
269				
270				
271				
272				
273				
274				
275				
276				
277				
278				
279				
280				
281				
282				
283				
284				
285				
286				
287				
288				
289				
290				
291				
292				
293				
294				
295				
296				
297				
298				
299				
300				
301				
302				
303				
304				
305				
306				
307				
308				
309				
310				
311				
312				
313				
314				
315				
316				
317				
318				
319				
320				
321				
322				
323				
324				
325				
326				
327				
328				
329				
330				
331				
332				
333				
334				
335				
336				
337				
338				
339				
340				
341				
342				
343				
344				
345				
346				
347				
348				
34				

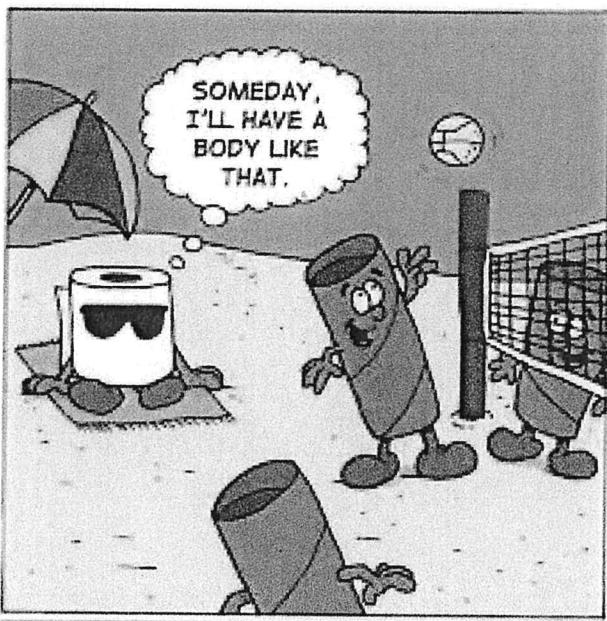
Senior Funnies



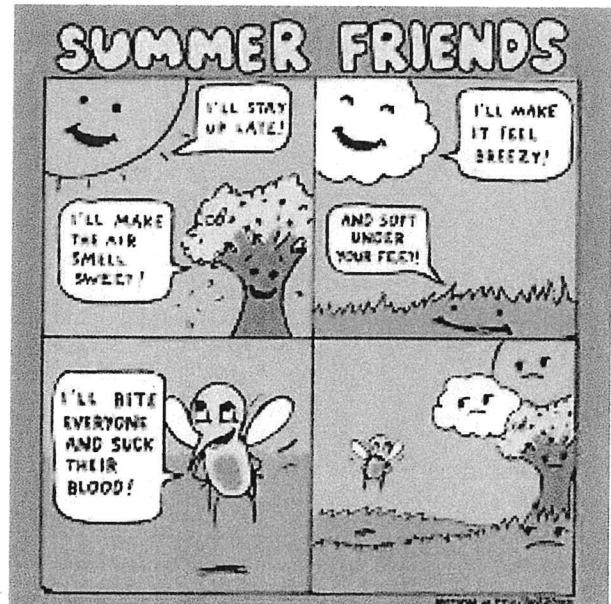
"And now I just step back and let the grilling process destroy any nutritional value it might have had."



© dreamstime.com



You should be on funsubstance.com



SUMMER FUN

Word Search Puzzle



W A T E R P A R K V A C A T I O N
F R I E N D S W S T Z G H N A I G
T S A Z Q P A B Q G N P N M D C S
E W O N C H I I Y I A S U R X E N
B I G Y C L E C P G R Y O Z M C F
O M P W I Z J M N E F J A A P R R
U M E I F M A T L I U I G M O E I
T I H G A C O K X C C B S N P A S
D N N J X O N P S M B K E H S M B
O G W V F I I P X D R T R A I X E
O O U E R R O C O O K O U T C N E
R A R P T L F U W S S C V O L H G
S A S D F O L E M O N A D E E T A
B A A P E Q R S U N S H I N E M N
W O I F A I R G R O U N D P X B M
R L W N F E K N B A S E B A L L X
F B B M Y P M V T D G I S W O R V



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK